



Stretching Program

Stretching is a vital part of the Kokoda Training Program and should be looked on as being as important as any other part of the program. Stretching can help to prevent an injury by promoting recovery and decreasing soreness. By ensuring muscles are loose and flexible, you'll reduce your chance of an injury dramatically.

Stretching ensures that your muscles and tendons are in good working order. The more conditioned your muscles and tendons are, the better they can handle the rigors of the program and exercise intensity / volume levels, subsequently the less likely that they'll become injured.

The program has a set stretching routine, which has been designed specifically for the training regime and when you are walking the track. If you are predisposed or have prior injuries and have preferred stretches ie. tight ilio tibial band (ITB) then you should also undertake these stretches on completion of the training stretches.

Stretch Routine

ORDER OF STRETCHES

(These stretches are always to be completed at the conclusion of the session)

- | | |
|----------------|-----------------------|
| 1. Lower back | 5. Quad |
| 2. Figure four | 6. Calf |
| 3. Glute | 7. Soleous / Achilles |
| 4. Hamstring | 8. Chest |

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Our Spirit

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1. LOWER BACK

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Spinal Rotation

Stretches:

Gluteals, Lateral hip, Lumbar Spine,
Oblique Abdominals



Action:

- Bend knee toward chest
- Grasp with opposite hand
- Pull across toward floor
- Keep shoulders flat on floor
- ▶ Hold the stretch



Our Spirit

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2. FIGURE FOUR

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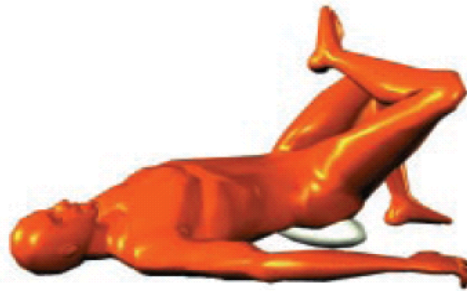
Buttock

Stretches:

Gluteals,
Upper Hamstrings,
Deep Hip Rotators,
Posterior Hip Joint

Action:

- Clasp knee
- Draw legs toward chest
- ▶ Hold the stretch



Action - Details:

- Lie on your back with knees bent
- Place bolster acrossways under buttocks (optional)
- Place one ankle on the other knee
- Draw the legs toward the chest so you can grasp the supporting knee with both hands - thread inner arm through the gap under the shin
- Slide the ankle up the thigh toward the hip a little
- Gently pull the legs closer toward the chest until you feel a stretch in the buttock & back of the upper leg (upper hamstring)
- You can push against the outer knee with the elbow for extra stretch
- ▶ Hold the stretch for a few seconds

Variations:

1.
 - Vary the position of the ankle on the thigh
2.
 - Lift the head as well
3.
 - Clasp the supporting knee from behind rather than over the front to avoid hyperflexion of the knee
3. Hold-Relax
 - Pull gently into the stretch, hold
 - Inhale, push ankle against the resistance of the knee
 - Hold the contraction for 5 seconds
 - Exhale, relax, and gently ease further into the stretch

3. GLUTE

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Deep Hip

Stretches:

Gluteals, Deep Hip Rotators, Lateral Hip



Action:

- Back leg in line with front knee
- Slide hands forward
- Lower chest to knee
- ▶ Hold the stretch



Action - Details:

- Sit on floor with front leg bent & back leg straight with knee-cap on floor
- Ensure that the back leg is in line with the front knee
- Slide hands forward
- Lower chest to knee
- ▶ Hold the stretch

Variations:

1.
 - Start in all-4's
 - Slide right foot across towards the middle
 - Lift left leg, straighten it, place it across the other leg, & slide it away to lengthen the hip & let the rest of the body follow
 - Lower hips to floor
 - Let chest lower to knee, with arms outstretched & forehead on floor
2.
 - From the stretch position described, slide hands back to place them under shoulders
 - Slowly push up with hands to lift head & chest
 - Lift as high as comfortable
 - Relax into the stretch, letting the hips 'sag' down

4. HAMSTRING

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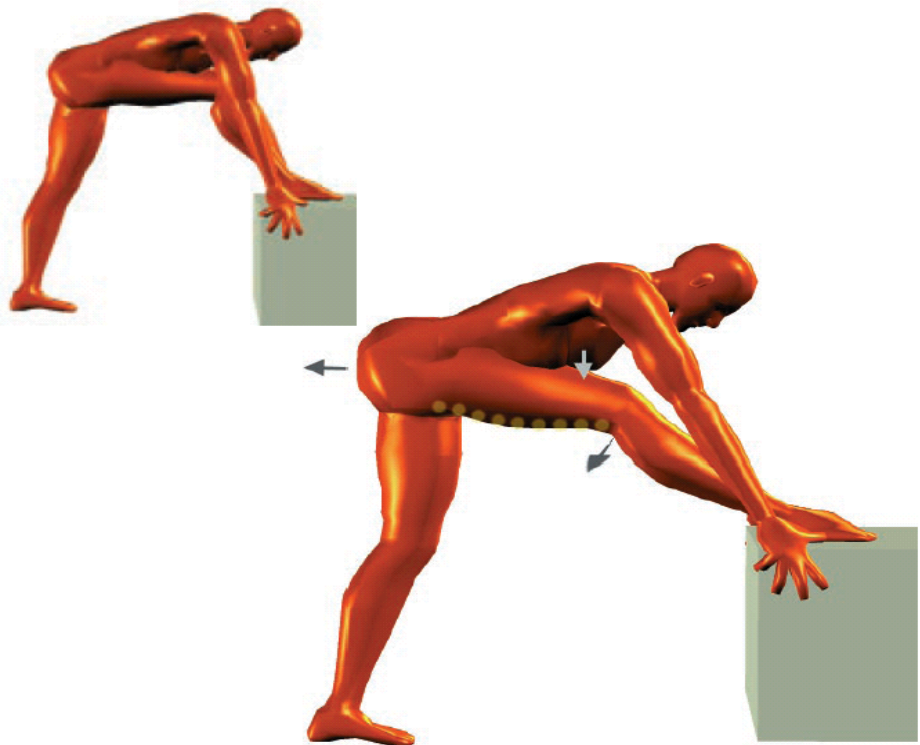
Hamstrings -stand

Stretches:

Hamstrings

Action:

- Hips face forward
- Chest on thigh
- Move hips back
- Knee straightens
- Hold the stretch



Action - Details:

- Stand with one leg placed on a chair/low table in front of you, the other leg facing forward in line with front leg
- The front leg should be bent rather than straight
- Lean forward from the hips, keeping the back as straight as possible
- Place chest on thigh
- Hold onto the chair/table
- You may have to hop back a little if your back foot is in too close
- Move hips back, letting the knee become straighter - think of pushing the ischial tuberosity ('sitting bone' in the pelvis) back & up. This adds more emphasis to the upper hamstrings
- Hold the stretch for a few seconds

Variations:

1.
 - Do the same stretch in all-4's
 2.
 - Pull the foot & toes back toward you to stretch the sciatic nerve - gently!
 - Hold the stretch for a few seconds, release & repeat several times to mobilise the neural structures
- Note: avoid stretching neural (nerve) structures firmly or holding them on stretch for more than about 3 seconds - they respond better to being gently mobilised
2. Hold-Relax
 - Do the stretch as described
 - Inhale

- Note: The hamstrings span the hip & the knee. When the knee is bent during the stretch there is more emphasis put on the muscle bellies in the middle to upper thigh rather than the tendons at the knee (which is the case with straight leg stretching).

5. QUADS

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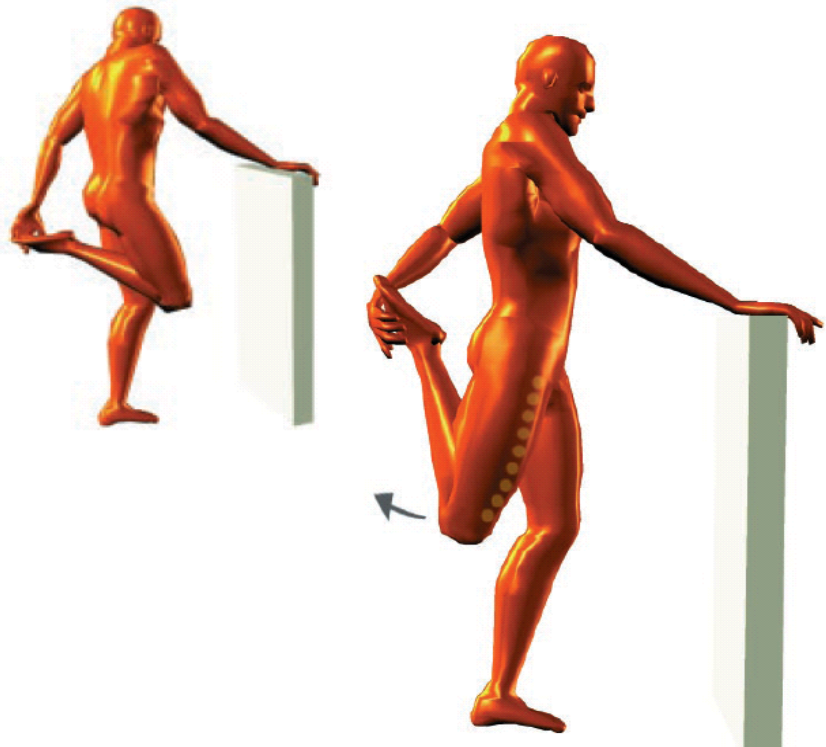
Quads-stand

Stretches:

Quadriceps,
Rectus Femoris

Action:

- Clasp foot with opposite hand
- Draw knee backward
- ▶ Hold the stretch



Action - Details:

- In standing, place hand on chair or wall for support
- Clasp foot with opposite hand, then straighten trunk
- Draw thigh backward
- Prevent pelvis from tilting backward by tightening low abdominals
- ▶ Hold the stretch for a few seconds

Variations:

1.
 - Clasp foot with hand on the same side and do the stretch
 - Keep knee in line with hip - make sure it does not 'scissor' out to the side
2.
 - If the knee is too uncomfortable with the degree of flexion (bend), then place a towel/strap around the ankle & hold onto it when drawing the thigh backward
3. Hold-Relax
 - Press foot against the pull of the hand, hold for 5 seconds
 - Relax, draw thigh further backward

6. CALF

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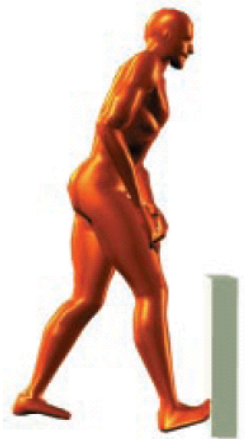
Instep/Calf

Stretches:

Toe Flexors,
Soleus,
Achilles,
Plantar Arch

Action:

- Place toes against wall
- Heel on ground
- Push knee toward wall
- ▶ Hold the stretch



Action - Details:

- Stand with the toes bent back against a wall or step
- Keep the heel on the floor & bend the ankle back
- Push knee towards wall, letting it bend
- You may need to lean towards the wall slightly too
- ▶ Hold the stretch for a few seconds
- Stretch the feet & toes the other way afterwards

Variations:

1.
 - If front knee is kept straight, the gastrocnemius muscle is included in the stretch
 - Keep the back straight & lean forward
2.
 - Create a stretch on the outer border of the sole and lower leg by placing outer toes against wall and turning foot in
 - Keep knee straight & lean towards wall
3.
 - Vary the stretch by turning the foot in then out
 - Vary the emphasis on the toes or the instep (plantar arch) by moving the toes closer to or further from the wall
4.
 - Stand with one leg slightly in front of the other
 - Place your weight onto the ball of the foot
 - Press downward to create a stretch in the toes & instep

7. SOLEUS / ACHILLES

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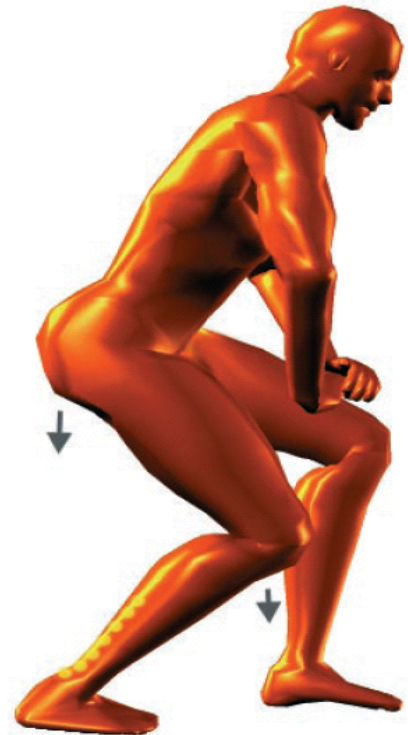
Deep Calf

Stretches:

Soleus,
Achilles Tendon

Action:

- Feet point forward
- Lower hips, bend knee
- Keep heel down
- ▶ Hold the stretch



Action - Details:

- Stand upright with supporting leg forward & leg to be stretched behind
- Place the feet so that they point forward
- Keep the knee and foot in a straight line
- Lower hips, bend the back knee downward over the toes
- Maintain arch of foot
- May use a wall for support
- Vary stretch by turning foot slightly in or out, or aiming knee over the inner or outer toes

Variations:

1.
 - Try placing a book under the toes to include stretching the toe flexors and plantar arch
 - Or place toes against a step to bend them backward
2.
 - If a tightly folded towel is placed along the lateral border of the back foot, then the stretch will better include Tibialis Posterior
 - Make sure the knee is aimed over the middle toes
3.
 - If a tightly folded towel is placed along the medial border of the back foot, then the stretch will better include Peroneus Longus & Brevis

8. CHEST

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Pecs+Wall

Stretches:

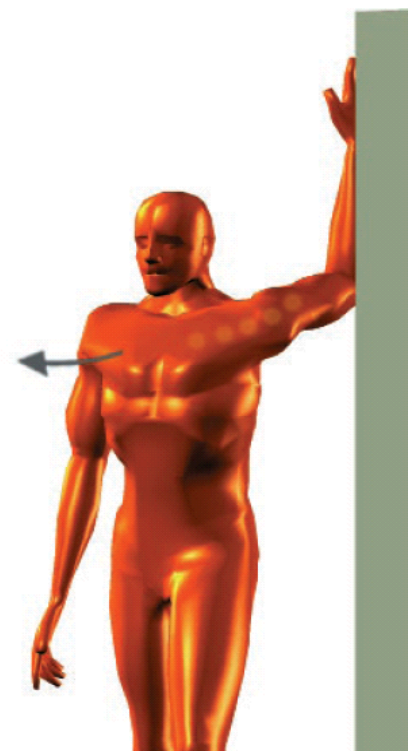
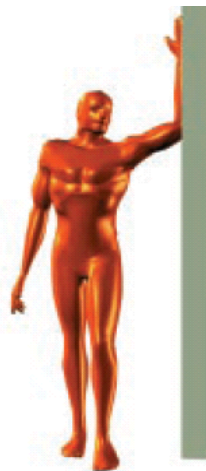
Pectorals, Anterior Deltoid,
Coracobrachialis,
Anterior Shoulder

Cautions:

Anterior shoulder dislocation

Action:

- Place forearm on wall or doorway
- Turn chest away from arm
- ▶ Hold the stretch



Action - Details:

- Stand tall with good spinal alignment
- Place forearm on wall or doorway
- Keep chin tucked in
- Keep shoulder down
- Turn chest away from arm
- Be careful not to overstretch
- ▶ Hold the stretch for a few seconds

Variations:

1.
 - Vary the height of the forearm - higher or lower - to stretch different parts of the chest & anterior shoulder
2.
 - Place both forearms on either side of doorway or on the walls in the corner of a room
 - Stretch both shoulders at once by gently leaning chest forward
 - Remember to keep the shoulders down